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Starter



Breaded French Cheeses

The beauty of these cheeses is that you cook them in the oven for a brilliant taste sensation. Baby Camembert and Brie wedges are fully matured and coated in a delicately seasoned crispy crumb. They make a great starter and are perfect for vegetarians, naturally.

£35.75



Canapes & Appetisers

Entertaining? Let us relieve you of another little task. These elegant examples of finger food are served straight from the oven and are well received. The selection contains deep dish cheese pizzas, prawn pate toast, smoked salmon en croute and cheese and chive quiche nests. They will help your function be remembered for all the right reasons.

£34.30



Chicken Goujons

Strips of whole Chicken breast are coated in an oven-bake crumb, with no chopping, mincing or shaping - just whole chicken breast pieces. They have a lovely flavour and so many different uses. Children love them, but so do their grandparents. This is one of those simple but brilliant products that can prove a timesaver and problem solver time after time.

£28.30



Coquilles St Jacques

Classics only become classics because their appeal is passed on from generation to generation. This is a classic. Scallops, salmon and prawns in a white wine sauce are presented in a scallop shell, which then has creamed potato piped around the edge and a light grating of Cheddar cheese to top. Don't save them for dinner parties, Coquilles St Jacques are enjoyed by all the family.

£32.50



Crevettes

First impressions are that you are in Alice in Wonderland. "Why are the prawns so big?" Crevettes are unshelled and look like giant prawns. The flavour is intense. They come from French Guiana (not the Far East) and so they are a cool water prawn. Crevettes are the ultimate finger food.

£36.95



Finest Salad Prawns

By finest we mean best. You can buy bags of cheap prawns almost anywhere; two for the price of one if you are really unlucky. Our prawns are large, juicy, packed with flavour and individually frozen. Prawns are our number one product, and we are not surprised.

£33.00

Garlic King Prawns

Large, de-veined Prawns are coated in a thick mixture of Pecorino cheese, white wine, herbs and garlic. When they are cooked, the coating melts into a garlicky sauce that can be mopped up with crusty bread. The prawns can also form the basis of a simple pasta dish, or a stir-fry. Or have a pot of them bubbling away on the BBQ. A great product and so many ways to enjoy.

£36.50

Goats Cheese Tartlets
If you are fond of goats cheese then you will love these. Fully vegetarian, they are an ideal size for starters, light lunches or snacks at any time. The pastry is made with the addition of Walnuts for extra flavour.
£29.80



King Prawns
These are large, cooked and peeled warm water prawns with tail left on. Although they are quite often destined as decoration - like bouncers on the outside of a prawn cocktail - they have a delicate flavour that is best appreciated unadorned. Treat yourself to a man-sized prawn sandwich.
£36.90



Mackerel Fillets
Mackerel is not only in the premier division health wise, but packed with flavour too. These skin-on fillets are ideal - no fish heads to dispose of for a start. From a simple supper to an elegant dish for entertaining, Mackerel is an excellent choice.
£31.00

Mushroom & Garlic Tarts
If you were to go mushroom hunting it's doubtful whether you could find all the varieties that are in these elegant vegetarian tartlets:- Field, Oyster, Shiitake, Penny Bun, and others are complemented with Wild garlic. They really are a treat!
£29.80



Mussels - New Zealand Green Lip

You may not know this but Mussels, and New Zealand mussels in particular, are renowned for relieving the symptoms of Arthritis. We are not making any wild claims, merely passing on a widely held view in homeopathic circles. But who needs an excuse to enjoy mussels like these.

£25.45



Prawns In Filo Pastry

This is one of those products that guests remember you serving and ask for next time they come. Large raw peeled prawns are marinated in Oriental spices and then wrapped in Filo pastry. They have the tail left on for handling. The prawns are simply deep fried for 3-4 minutes and served. But remember, if you don't serve them to guests there will be more for those romantic evenings a deux. And these are lovers food!

£36.95



Raw Tiger Prawns Gambas

Large raw prawns that are perfect for all dishes requiring prawns to be cooked - if you use ready cooked prawns for all but the briefest of cooking they end up chewy. The prawns are headless but retain the body shell for shape and flavour. This prawn may seem quite large for conventional recipes; however, it looks pretty good on the barbie, where subtlety is not the cornerstone of success.

£34.95



Salmon Hot Smoked Fillets

The difference between hot smoking and cold smoking is simply that a cold smoked product needs further cooking and hot smoked is ready to eat. This is an exceptional example of hot smoking. Thick chunks of middle-cut salmon fillet that will make a great starter, grace a summer salad, or can be cooked further and eaten hot. Kiln roast salmon is one of those products that many have not experienced yet - purely through availability. When they do, watch it rise to super-stardom. Deservedly so.

£36.50



Salmon Smoked
If you are not a smoked salmon connoisseur, may we say that this is an excellent example of sliced Scottish salmon. If you are, then may we add that it is smoked over oak with no additives and is the stronger side of mild. All lovers of smoked salmon have a favourite; this one is the favourite of a great number.
£32.50

Sardines
Fresh Portuguese Sardines, boned, filleted and butterflied. Nutritious and healthy, there could not be an easier or better way to enjoy your Omega - 3 oils. Grill them, fry them, barbeque them - or try a Goan style fish curry - fantastic
£26.00



Scallop & Crab Elites
White fish fillets, usually lemon sole, are rolled around a filling of scallop and crab meat. They are then glazed with a vegetable oil that has a very buttery taste. The Elites hold their shape during cooking - simply covered and in a hot oven - and look impressive when served. It is a great combination that looks and tastes like a real Cordon Bleu creation. Just put a dab of flour on your left cheek and say you have been in the kitchen all afternoon. We can keep you supplied like this indefinitely!
£33.20



Scallops - King
These big King Scallops in a protective ice glaze look spectacular, especially as they have their coral. Scallops need minimal cooking which is excellent news if you're hungry.
£37.00

Scallops - Queen

Queen Scallops, or Queenies as they are sometimes known, are only inferior to the King in size. Experts disagree amongst themselves as to which are the better (only experts can afford the time). We would suggest that you choose Queen Scallops for stir-fries and Chinese/Asian dishes. To be honest, if you like Scallops, then you would even enjoy them deep fried in batter. Actually, they are rather good!

£37.00



Scampi - Breaded Wholetail

We could write a book on the offerings made in the name of Scampi. Tired little pellets of minced mush? Our Scampi is whole-tail; it has minimal added water, no added cereal to bulk it out and can be oven cooked. We are confident that you will not be offered a better quality product anywhere. Try it and see for yourself.

£32.30

Mains



Beef - Fillet Steaks
Hand-trimmed English fillet steak at its finest. Cut thinly from the fillet they make the perfect tournedos. And because they are correctly hung and fast frozen, these steaks do not shrink when cooked.
£56.00

Beef - Sirloin Steaks
Hand trimmed English steak with a little fat kept on for flavour. The steaks are around the 140g size (we are not allowed to say 5oz) and have minimal shrinkage during cooking. Although it is a matter of taste, professional chefs recommend using a griddle or frying with a scant amount of oil when cooking steak at home. Domestic grills do not reach a high enough temperature to seal the meat successfully. However you cook them, if it works for you, great. Our Sirloin steaks will not let you down.
£36.50



Beef Lasagne
This is a solidly made Lasagne, pre-cut into eight generous portions. Layers of Lasagne are inter-leaved with Bolognese (beef, tomatoes, onions and herbs) and Bechamel sauce. Oven cook for authenticity or microwave if you are in a hurry.
£32.00



Beef Steakburgers
Six ounces of prime English Steak. Put them on the barbecue. They will not shrink. Steakburgers do not have to be a poor apology for a decent steak. There are times when a steakburger is just what you fancy. If that is the case the last thing you want is to be disappointed. We promise that these will not let you down. Just make sure that your buns are big enough!
£31.95



Beef Wellington

A classic dish at dinner parties. But these are individual Beef Wellingtons, so even if you live with a vegetarian you can relish the artistry of this meat-lover's treat. English Fillet steak is topped with Chicken Liver Pate and Mushrooms, then enrobed in puff pastry. Cooked from frozen, they literally puff up during cooking to provide an impressive centre piece on the plate.

£42.25

Braemar Chicken

This is a real favourite north of the border and is winning fans everywhere else. Tender Norfolk chicken breasts are stuffed with Haggis and wrapped in prime unsmoked bacon. It's probably the best example of Anglo-Scots harmony.

£34.50



Brie & Broccoli Pithivier

Brie & Broccoli Pithivier has been one of our most popular products for many years now. Although it is a vegetarian's delight, the combination of tangy Brie with the slight sweetness of broccoli has a legion of admirers. These pithivier are an impressive size uncooked, but when the puff pastry has done its work they are truly outstanding.

£32.00

Cannelloni

A box containing both Cannelloni filled with a rich Bolognese and Cannelloni Verdi filled with spinach and ricotta cheese (kept entirely separate of course). Cover them with the sauce of your choice and you have a very Italian meal. The Cannelloni Verdi is truly vegetarian but packs a taste enjoyed by the most committed meat-eaters.

£34.95



Chicken Breaded Goujons

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£32.00

Chicken Breast Supremes

Skinless, boneless Chicken Breasts (Supremes) taken from Norfolk chickens that have been organically fed. They are a lovely full flavoured chicken, ideal for plain cooking or for indulging your creative streak.

£29.25



Chicken Butterfly Breast With Lime & Chilli

Think of a Thai red curry and you are on the way to appreciating the flavour of these butterfly breasts. The chilli lets you know it is there and that is all. The taste is balanced and irresistible to all curry lovers.

£32.55



Chicken Cotswold

If you like the salty richness that blue cheese has when it is cooked, then Chicken Cotswold is for you. Fillet of chicken nesting in a sauce made with Stilton and smoked bacon and wrapped in puff pastry. Cooked from frozen to a golden brown - they taste divine. Another favourite with our customers.

£33.00



Chicken Kiev - Hand Prepared
A whole Chicken Breast with a pocket of garlic butter (not cheese) that is hand prepared and coated with a light oven cook crumb. The sprig bone is left on the chicken; at the very least you know that it's the real thing, although it is there to help the Kiev retain its shape. (Cook's hint: these are good enough to pass off as home made, as long as you hide their packaging!).
£33.90

Chicken Olde English
skinless chicken supreme stuffed with Stilton cheese and wrapped in smoked bacon. Henry VIII would have loved these (even if there are no bones). A large skinless chicken breast is stuffed with real Stilton and wrapped in a rasher of smoked back bacon. They are almost worth losing your head over.
£34.50



Chicken Wellington
A tender fillet of Chicken is topped with mushrooms and garlic butter, and enrobed in puff pastry. Chicken Wellington is the sort of dish that could be served at a dinner party, or saved for a romantic evening for two (the garlic is a turn-on, not a turn-off when shared!).
£33.00



Cod Chunky fillets in Batter
An excellent everyday fish dish made from chunky fillets of skinless and boneless North Atlantic Cod. You just cook it from frozen in the oven, so this is a useful product to have at hand. Having said that, they are such a crowd pleaser that they don't stay in the freezer too long.
£29.00



Cod Fillets

This is North Atlantic Cod. It is caught, filleted and quick frozen in the speediest time possible. You'll have to take our word for it; we know that these are the fillets with the best flavour you could find.

£31.90



Cod Loins

If there was a fillet steak of fish, Cod Loins would be the only contender. Thick portions of middle-cut Cod are skinned, boned and individually quick frozen. They are ideal for any dish where the odd stray bone could cause embarrassment, or for that person we all know who maintains that you cannot get decent thick fish anymore.

£31.00

Cod Provencale

Large Cod loins with a topping of sun-dried tomatoes, herbs, parmesan and olive oil. They are easy to cook and impressive to serve up. You can almost taste the Mediterranean sunshine.

£35.00



Country Vegetable Bakes

Country Bakes could be called vegetarian's comfort food, although there is nothing in the rule book to say you have to be vegetarian to enjoy them. A selection of vegetables, including green beans, sweetcorn, carrot and onion are bound with a vegetarian cheese sauce and covered in an oven-crumbs. They resemble a veggie-burger, but can replace a conventional vegetable, or try them cooked on the BBQ. Because of their shape, children love them - little realising that a Country Bake fulfils the 'five veg a day' advice.

£27.00

Cromer Crabs
Our dressed Crabs are caught off the coast of Cromer and are the genuine article. They are harvested for us by a fisherman who lives in East Runton (next door to Cromer) and he goes 11 miles out because the crabs are bigger. We are not making this up. Take one of our crabs and compare the chap to any other contender - Norfolk (which is not the same as Cromer), or otherwise. You'll see what we mean. And we haven't even mentioned flavour - which, you will be pleased to know, is what makes Cromer Crabs special.
£47.50

Dover Sole
As fast as Dover Sole are landed they are snapped up by the top restaurants. Unless, of course, Super Chef are around. Plump whole fish in a light glaze; if Dover Sole is 'your' fish, these are guaranteed not to disappoint.
£53.00

Duck Breast Barbary Fillets
Boneless breasts with the skin on from female Barbary Ducks. Why Barbary? They fly a great deal, which means a higher meat to fat ratio and Barbary has a great flavour - not gamey - but very much how Duck should taste. Why female? It's a man thing!
£35.50



Duck Crispy Roast
If you like Chinese style Duck then these are for you. Half Ducklings, boned and marinated and then cooked. Your only task is to ensure that they are cooked through and then pop them under the grill for two minutes to crisp the skin. As they are fully boned it is easy to cut them up and add to stir-fries, Chow-Mein and so on. But they are best appreciated without adornment. Great Value.
£38.00



Duck _ LOrange
Duck breasts that have been marinated in an orange sauce and are presented topped with fruits of the forest. Alright, it sounds busy, but it actually looks terrific and the Duck is first class. There are also sachets of an optional Whiskey and Cranberry sauce, which complement the duck very well. To reproduce a dish like this would take hours with no guarantee it would turn out as good as these. If you want the compliments without the hard work, they are unbeatable.
£44.00

Festival Chicken
This is an inspired combination. The apricots give a hint of sweetness to what is a very succulent dish. So don't wait for a festival for an excuse to try them, make up one of your own.
£34.50

Gourmet Selection Box
This box contains the following; Salmon fillets, Red Snapper fillets, Halibut steaks, Swordfish steaks and Tuna loins. You do not have to be a gourmet to enjoy them. But it does show exquisite good taste!
£34.95

Haddock Fillets
Our Haddock fillets match our Cod fillets for size, quality and flavour. They both have their champions and it's no wonder with fish this good.
£29.00

Haddock Fillets - Natural Smoked
Large fillets of prime North Sea Haddock, smoked over Oak and quick frozen. A description that is exactly like the product - no additives, nothing artificial.
£30.00



Haddock Fillets In Breadcrumb
If you look at prepared 'fillets' on offer it must be disappointing how uniform the fish are. That is because most fillets now are minced, chopped and shaped. Not with our Haddock fillets. Our Haddock is filleted and breadcrumbed. Once you taste it you will realise why we prefer preparing our fish correctly.
£29.00



Haddock In Lemon/Pepper & Lemon/Parsley
This is a mixed box offering two varieties of North Sea Haddock fillets; a coating with lemon and black pepper or with lemon and parsley. The coating is flour-based and oven cook. A great way to enjoy fish.
£29.50



Haddock Toppers
Scottish Haddock fillets are shaped into a large fishcake that is topped with a medium strength cheese and coated in oven-crumbs. 'Fishcake' in the description here means the shape. There is no potato lying in ambush, just pure Haddock and a very tasty cheese.
£33.00



Halibut Steaks
Halibut has a distinctive flavour that is held in deep affection by true fish lovers. Our Halibut steaks are vacuum packed and will not disappoint any connoisseur who chooses them.
£42.50

Kipper Fillets
'Kippers are bony'; 'Kippers are smelly'. The two biggest reasons people give for not eating Kippers. They normally add, 'But I love the taste!'. Well, these Kipper fillets have hardly a bone in them, they are vacuum packed with a knob of English butter and they are smoked over oak. Given the health benefits of Omega 3 oil, which Kippers have in abundance, there are no excuses left not to enjoy them.
£24.00

Lamb Racks
Our Racks are of English Lamb, French trimmed (more meat, less fat) and have been deep marinated in a rosemary and garlic glaze. They come in four-rib and three-rib portions which will satisfy two people.
£45.25



Lamb Steaks In Mint Marinade
Boneless leg steaks of new season's English Lamb are marinated with mint and vacuum packed for freshness. It's not often that you see boneless steaks of Lamb, especially of this size and quality. Grill, fry or oven-bake, these are easy to cook, and very popular. Not because they are easy to cook, but because they are a great product.
£32.50



Lemon Sole Fillets
A small, delicately flavoured flatfish that is fished in the North Sea. Our fillets are lightly glazed and individually frozen. Lemon Sole is becoming increasingly popular, and rightly so: it's a versatile fish.
£33.25

Monkfish Fillets
Monkfish is a premium priced fish. This is because it is becoming scarcer through popularity. The reason it is popular is because its texture is similar to lobster, and it is such a forgiving fish to work with. Monkfish is one of the few fish that can be roasted successfully (with the normal caveats, of course) and will work with strong flavours such as garlic.
£38.95



Paella Valencia
Our Paella follows a Valencian recipe and contains Chorizo sausage, fish, chicken, calamari rings, red peppers and lots more in perfect Saffron rice. All you have to do is stir-fry for a few minutes whilst you make up your mind _ Sangria, or a fruity red!
£28.50

Plaice Colbert
Two medium sized Plaice are arranged one on top of the other and the pocket that is formed is filled with Prawns in a Prawn Mousse. Just oven baked, Plaice Colbert are beautifully presented and an enjoyable way to eat fish without any coating.
£32.00

Plaice Fillets
Large fillets that have been lightly glazed and individually frozen. Fillets are a mix of dark and light skin (but we try to ensure there are more of the light skin).
£28.00

Pork Orchard
Exclusive to Super Chef, Orchard Pork are large boneless Loin steaks of Norfolk Pork with a pocket of Bramley Apple that are wrapped in back bacon for extra flavour. They are very substantial and very English.
£34.60



Pork Ribs In Hickory BBQ Sauce
Racks of Pork ribs in a Hickory smoked barbecue sauce. They taste great straight from the barbecue, but cook equally well in the oven. And as many a ravenous teenager has found, you can pierce the pack and cook them in the microwave in a couple of minutes. If necessity is the mother of invention then hungry youngsters must be the patron saint of improvisation.
£32.80

Pork Sausages Traditional
These jumbo sausages (approx. 100gm each banger) are made especially for Super Chef, they use shoulder of pork from fully traceable free range pigs and they are finished in natural skins. Next time you are planning a BBQ make these a must - not only is their size impressive, they are a real mouth-filling taste of traditional English banger. Just remember that natural skin must be defrosted - cooked from frozen it can split, especially with the fierce heat of a barbecue (and your barbecue should be fierce)!
£29.10

Prawns Raw Peeled Tigers
Raw peeled tiger prawns. No ice glaze - just a box packed full of prawns. These are the ultimate chef's prawn. They're large, fully peeled, full of flavour and ideal for all prawn dishes - from those complicated creations in books to a few ideas of your own. At this price, you can afford to!
£32.25

Prepared Fish Selection
Salmon Shanties, Haddock Nuggets, Lemon Pepper Sole, Chunky Cod in batter and Haddock Toppers all in one box. And because they are all oven cook you can mix and match at the same meal time. This is not a box to have if you suffer from indecision!
£31.00

Quail Boneless

We do make life easy! These quail may be grilled, roasted, casseroled, stuffed and then eaten with a fork. Well, being organically fed, they are exquisitely tender and with no bones knives are superfluous.

£39.00



Red Snapper Fillets

Red Snapper has tended to be over-looked north of the Equator, and Southerners were in no hurry to point out the error of our ways. Try Red Snapper on the barbecue - it's superb. Our fillets are 6-8oz with the distinctive red skin on. Snapper is a classic fish and has many converts. If you have never tried Red Snapper before, it forms part of our Gourmet's Fish box. Why not give that a try.

£33.00



Roasted Red Peppers En Croute

Roasted Red Peppers and Mushrooms are bound with Stilton cheese, heaped on a bed of spinach and encased in a light puff pastry. The mixture of textures and flavours is superb and it's not just Vegetarians who find these a sensation.

£32.00



Salmon Fillet Supremes

Of the many compliments we receive, a disproportionate number praise our Salmon fillets. They are skinless, boneless middle cut fillets and their colour alone separates them from poorer farmed stock - a healthy deep pink. We provide them individually vacuum packed, so you could boil them in the bag or cook them in the microwave. But for Salmon of this quality you will be tempted to show off your culinary skills.

£32.50



Salmon Shanties
Chunks of Salmon and pieces of Broccoli are bound with a Dill sauce and coated in oven-bake breadcrumbs to make these large Shanties. They are one of the most popular dishes that we offer and are peerless for taste and quality.
£33.00

Scampi - Raw
Many gourmets think that raw scampi have a better flavour than prawns (the Spanish in particular). Any dish calling for raw prawns will be transformed by using scampi - which are Langoustine. These are large, pre-shelled and with a delicate lobster-like taste; and they come from Scotland, where the best Langoustine are found.
£35.65



Seabass Steaks
This is the real Sea Bass that is the legend of all great Oriental fish dishes. These are 6-8oz fillets that are fresh from the Indian Ocean. Although a firm-textured fish, Sea Bass has a delicate flavour which will readily lend itself to other ingredients - which is why so many great Eastern and Asian dishes are based on Sea Bass.
£34.00

Skate Wings
Skate is the only fish we know with the Marmite factor, you either love it, or it's not for you. If you are one of the lucky majority and love Skate these superb wings will not disappoint. They are around 200 grams per wing, perfect texture and have been frozen quickly at sea.
£28.50

Southern Fried Chicken
Juicy chicken pieces in a spicy Southern-style coating. These are part-cooked which means that they are perfect for the barbecue - if you ever get the chance to have one.
£30.00

Spicy Chicken Wings
These large wings may be defrosted and eaten cold. But if you want to really appreciate them, heat them through on the barbecue. Not only are they fool-proof, the flavour is how BBQ food ought to taste. Although they are spicy (that means chilli) children still enjoy them hugely.
£29.00



Swordfish Steaks
Swordfish is a firm textured fish with a meaty rather than a 'fishy' taste. That makes it a superb fish for the BBQ. But however you are planning to cook them, these thick-cut vacuum packed steaks are prime examples of Swordfish at its best.
£32.00

Tilapia Fillets
Tilapia or St. Peters Fish as it is also known is a superb, fully sustainable white fish that lends itself to all styles of cooking. The flesh, which has a pink tinge has a texture somewhere between Haddock and Plaice, and it rivals Cod for flavour. You may see farmed Tilapia beginning to appear in supermarkets. Our Tilapia is the real thing, harvested in places where we used to have a Colonial Office. Skinless & Boneless fillets of this firm-fleshed freshwater fish.
£30.00



Tuna Loins
Tuna languished for years in cans, centre piece of Sunday tea for many 'of a certain age'. Then came Tuna Pasta Bake. Now every celebrity chef is creating masterpieces with fresh Tuna. The only surprise is that it has taken so long. Tuna is hard to dislike; it is meaty, has a good texture, and is forgiving to chefs (overcooked Tuna - within reason that is - and it is indistinguishable from canned). Our Yellow Fin Tuna Loins are in fact superior to much Tuna that is offered 'fresh'. Tuna is also relatively inexpensive for such a versatile fish.
£28.50

Veal Escalopes
Our Veal Escalopes are hand-trimmed lean steaks. Naturally, they are prime English meat, but they will still lend themselves to making a perfect Wiener Schnitzel.
£35.50

White Fish Selection Box
This is a useful box containing our prime Cod, Haddock and Plaice fillets. From recipes that only specify 'white fish', to large families with different tastes, it is always handy to have a choice to hand.
£29.75

Meat



Beef - Fillet Steaks
Hand-trimmed English fillet steak at its finest. Cut thinly from the fillet they make the perfect tournedos. And because they are correctly hung and fast frozen, these steaks do not shrink when cooked.
£56.00

Beef - Sirloin Steaks
Hand trimmed English steak with a little fat kept on for flavour. The steaks are around the 140g size (we are not allowed to say 5oz) and have minimal shrinkage during cooking. Although it is a matter of taste, professional chefs recommend using a griddle or frying with a scant amount of oil when cooking steak at home. Domestic grills do not reach a high enough temperature to seal the meat successfully. However you cook them, if it works for you, great. Our Sirloin steaks will not let you down.
£36.50



Beef Lasagne
This is a solidly made Lasagne, pre-cut into eight generous portions. Layers of Lasagne are inter-leaved with Bolognese (beef, tomatoes, onions and herbs) and Bechamel sauce. Oven cook for authenticity or microwave if you are in a hurry.
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Beef Steakburgers
Six ounces of prime English Steak. Put them on the barbecue. They will not shrink. Steakburgers do not have to be a poor apology for a decent steak. There are times when a steakburger is just what you fancy. If that is the case the last thing you want is to be disappointed. We promise that these will not let you down. Just make sure that your buns are big enough!
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Beef Wellington
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£42.25

Lamb Racks
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Pork Sausages Traditional
These jumbo sausages (approx. 100gm each banger) are made especially for Super Chef, they use shoulder of pork from fully traceable free range pigs and they are finished in natural skins. Next time you are planning a BBQ make these a must - not only is their size impressive, they are a real mouth-filling taste of traditional English banger. Just remember that natural skin must be defrosted - cooked from frozen it can split, especially with the fierce heat of a barbecue (and your barbecue should be fierce)!
£29.10

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Poultry

Braemar Chicken

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£34.50



Chicken Breaded Goujons

Strips of whole Chicken breast are coated in an oven-bake crumb, with no chopping, mincing or shaping - just whole chicken breast pieces. They have a lovely flavour and so many different uses. Children love them, but so do their grandparents. This is one of those simple but brilliant products that can prove a timesaver and problem solver time after time.

£32.00

Chicken Breast Supremes

Skinless, boneless Chicken Breasts (Supremes) taken from Norfolk chickens that have been organically fed. They are a lovely full flavoured chicken, ideal for plain cooking or for indulging your creative streak.

£29.25



Chicken Butterfly Breast With Lime & Chilli

Think of a Thai red curry and you are on the way to appreciating the flavour of these butterfly breasts. The chilli lets you know it is there and that is all. The taste is balanced and irresistible to all curry lovers.

£32.55



Chicken Cotswold
If you like the salty richness that blue cheese has when it is cooked, then Chicken Cotswold is for you. Fillet of chicken nesting in a sauce made with Stilton and smoked bacon and wrapped in puff pastry. Cooked from frozen to a golden brown - they taste divine. Another favourite with our customers.
£33.00



Chicken Kiev - Hand Prepared
A whole Chicken Breast with a pocket of garlic butter (not cheese) that is hand prepared and coated with a light oven cook crumb. The sprig bone is left on the chicken; at the very least you know that it's the real thing, although it is there to help the Kiev retain its shape. (Cook's hint: these are good enough to pass off as home made, as long as you hide their packaging!).
£33.90

Chicken Olde English
skinless chicken supreme stuffed with Stilton cheese and wrapped in smoked bacon. Henry VIII would have loved these (even if there are no bones). A large skinless chicken breast is stuffed with real Stilton and wrapped in a rasher of smoked back bacon. They are almost worth losing your head over.
£34.50



Chicken Wellington
A tender fillet of Chicken is topped with mushrooms and garlic butter, and enrobed in puff pastry. Chicken Wellington is the sort of dish that could be served at a dinner party, or saved for a romantic evening for two (the garlic is a turn-on, not a turn-off when shared!)
£33.00

Duck Breast Barbary Fillets

Boneless breasts with the skin on from female Barbary Ducks. Why Barbary? They fly a great deal, which means a higher meat to fat ratio and Barbary has a great flavour - not gamey - but very much how Duck should taste. Why female? It's a man thing!

£35.50



Duck Crispy Roast

If you like Chinese style Duck then these are for you. Half Ducklings, boned and marinated and then cooked. Your only task is to ensure that they are cooked through and then pop them under the grill for two minutes to crisp the skin. As they are fully boned it is easy to cut them up and add to stir-fries, Chow-Mein and so on. But they are best appreciated without adornment. Great Value.

£38.00



Duck _ LOrange

Duck breasts that have been marinated in an orange sauce and are presented topped with fruits of the forest. Alright, it sounds busy, but it actually looks terrific and the Duck is first class. There are also sachets of an optional Whiskey and Cranberry sauce, which complement the duck very well. To reproduce a dish like this would take hours with no guarantee it would turn out as good as these. If you want the compliments without the hard work, they are unbeatable.

£44.00

Festival Chicken

This is an inspired combination. The apricots give a hint of sweetness to what is a very succulent dish. So don't wait for a festival for an excuse to try them, make up one of your own.

£34.50

Quail Boneless
We do make life easy! These quail may be grilled, roasted, casseroled, stuffed and then eaten with a fork. Well, being organically fed, they are exquisitely tender and with no bones knives are superfluous.
£39.00

Southern Fried Chicken
Juicy chicken pieces in a spicy Southern-style coating. These are part-cooked which means that they are perfect for the barbecue - if you ever get the chance to have one.
£30.00

Spicy Chicken Wings
These large wings may be defrosted and eaten cold. But if you want to really appreciate them, heat them through on the barbecue. Not only are they fool-proof, the flavour is how BBQ food ought to taste. Although they are spicy (that means chilli) children still enjoy them hugely.
£29.00

Vegetarian



Breaded French Cheeses

The beauty of these cheeses is that you cook them in the oven for a brilliant taste sensation. Baby Camembert and Brie wedges are fully matured and coated in a delicately seasoned crispy crumb. They make a great starter and are perfect for vegetarians, naturally.

£35.75



Brie & Broccoli Pithivier

Brie & Broccoli Pithivier has been one of our most popular products for many years now. Although it is a vegetarian's delight, the combination of tangy Brie with the slight sweetness of broccoli has a legion of admirers. These pithivier are an impressive size uncooked, but when the puff pastry has done its work they are truly outstanding.

£32.00



Country Vegetable Bakes

Country Bakes could be called vegetarian's comfort food, although there is nothing in the rule book to say you have to be vegetarian to enjoy them. A selection of vegetables, including green beans, sweetcorn, carrot and onion are bound with a vegetarian cheese sauce and covered in an oven-crumb. They resemble a veggie-burger, but can replace a conventional vegetable, or try them cooked on the BBQ. Because of their shape, children love them - little realising that a Country Bake fulfils the 'five veg a day' advice.

£27.00

Mushroom & Garlic Tarts

If you were to go mushroom hunting it's doubtful whether you could find all the varieties that are in these elegant vegetarian tartlets:- Field, Oyster, Shiitake, Penny Bun, and others are complemented with Wild garlic. They really are a treat!

£29.80



Roasted Red Peppers En Croute

Roasted Red Peppers and Mushrooms are bound with Stilton cheese, heaped on a bed of spinach and encased in a light puff pastry. The mixture of textures and flavours is superb and it's not just Vegetarians who find these a sensation.

£32.00

Fish



Cod Chunky fillets in Batter

An excellent everyday fish dish made from chunky fillets of skinless and boneless North Atlantic Cod. You just cook it from frozen in the oven, so this is a useful product to have at hand. Having said that, they are such a crowd pleaser that they don't stay in the freezer too long.

£29.00



Cod Fillets

This is North Atlantic Cod. It is caught, filleted and quick frozen in the speediest time possible. You'll have to take our word for it; we know that these are the fillets with the best flavour you could find.

£31.90



Cod Loins

If there was a fillet steak of fish, Cod Loins would be the only contender. Thick portions of middle-cut Cod are skinned, boned and individually quick frozen. They are ideal for any dish where the odd stray bone could cause embarrassment, or for that person we all know who maintains that you cannot get decent thick fish anymore.

£31.00

Cod Provencale

Large Cod loins with a topping of sun-dried tomatoes, herbs, parmesan and olive oil. They are easy to cook and impressive to serve up. You can almost taste the Mediterranean sunshine.

£35.00

Cromer Crabs
Our dressed Crabs are caught off the coast of Cromer and are the genuine article. They are harvested for us by a fisherman who lives in East Runton (next door to Cromer) and he goes 11 miles out because the crabs are bigger. We are not making this up. Take one of our crabs and compare the chap to any other contender - Norfolk (which is not the same as Cromer), or otherwise. You'll see what we mean. And we haven't even mentioned flavour - which, you will be pleased to know, is what makes Cromer Crabs special.
£47.50

Dover Sole
As fast as Dover Sole are landed they are snapped up by the top restaurants. Unless, of course, Super Chef are around. Plump whole fish in a light glaze; if Dover Sole is 'your' fish, these are guaranteed not to disappoint.
£53.00

Haddock Fillets
Our Haddock fillets match our Cod fillets for size, quality and flavour. They both have their champions and it's no wonder with fish this good.
£29.00

Haddock Fillets - Natural Smoked
Large fillets of prime North Sea Haddock, smoked over Oak and quick frozen. A description that is exactly like the product - no additives, nothing artificial.
£30.00



Haddock Fillets In Breadcrumb
If you look at prepared 'fillets' on offer it must be disappointing how uniform the fish are. That is because most fillets now are minced, chopped and shaped. Not with our Haddock fillets. Our Haddock is filleted and breadcrumbed. Once you taste it you will realise why we prefer preparing our fish correctly.
£29.00



Haddock In Lemon/Pepper & Lemon/Parsley
This is a mixed box offering two varieties of North Sea Haddock fillets; a coating with lemon and black pepper or with lemon and parsley. The coating is flour-based and oven cook. A great way to enjoy fish.
£29.50



Haddock Toppers
Scottish Haddock fillets are shaped into a large fishcake that is topped with a medium strength cheese and coated in oven-crumbs. 'Fishcake' in the description here means the shape. There is no potato lying in ambush, just pure Haddock and a very tasty cheese.
£33.00



Halibut Steaks
Halibut has a distinctive flavour that is held in deep affection by true fish lovers. Our Halibut steaks are vacuum packed and will not disappoint any connoisseur who chooses them.
£42.50

Kipper Fillets
'Kippers are bony'; 'Kippers are smelly'. The two biggest reasons people give for not eating Kippers. They normally add, 'But I love the taste!'. Well, these Kipper fillets have hardly a bone in them, they are vacuum packed with a knob of English butter and they are smoked over oak. Given the health benefits of Omega 3 oil, which Kippers have in abundance, there are no excuses left not to enjoy them.
£24.00



Lemon Sole Fillets
A small, delicately flavoured flatfish that is fished in the North Sea. Our fillets are lightly glazed and individually frozen. Lemon Sole is becoming increasingly popular, and rightly so: it's a versatile fish.
£33.25



Mackerel Fillets
Mackerel is not only in the premier division health wise, but packed with flavour too. These skin-on fillets are ideal - no fish heads to dispose of for a start. From a simple supper to an elegant dish for entertaining, Mackerel is an excellent choice.
£31.00

Monkfish Fillets
Monkfish is a premium priced fish. This is because it is becoming scarcer through popularity. The reason it is popular is because its texture is similar to lobster, and it is such a forgiving fish to work with. Monkfish is one of the few fish that can be roasted successfully (with the normal caveats, of course) and will work with strong flavours such as garlic.
£38.95

Plaice Colbert
Two medium sized Plaice are arranged one on top of the other and the pocket that is formed is filled with Prawns in a Prawn Mousse. Just oven baked, Plaice Colbert are beautifully presented and an enjoyable way to eat fish without any coating.
£32.00

Plaice Fillets
Large fillets that have been lightly glazed and individually frozen. Fillets are a mix of dark and light skin (but we try to ensure there are more of the light skin).
£28.00

Prepared Fish Selection

Salmon Shanties, Haddock Nuggets, Lemon Pepper Sole, Chunky Cod in batter and Haddock Toppers all in one box. And because they are all oven cook you can mix and match at the same meal time. This is not a box to have if you suffer from indecision!

£31.00



Red Snapper Fillets

Red Snapper has tended to be over-looked north of the Equator, and Southerners were in no hurry to point out the error of our ways. Try Red Snapper on the barbecue - it's superb. Our fillets are 6-8oz with the distinctive red skin on. Snapper is a classic fish and has many converts. If you have never tried Red Snapper before, it forms part of our Gourmet's Fish box. Why not give that a try.

£33.00



Salmon Fillet Supremes

Of the many compliments we receive, a disproportionate number praise our Salmon fillets. They are skinless, boneless middle cut fillets and their colour alone separates them from poorer farmed stock - a healthy deep pink. We provide them individually vacuum packed, so you could boil them in the bag or cook them in the microwave. But for Salmon of this quality you will be tempted to show off your culinary skills.

£32.50



Salmon Hot Smoked Fillets

The difference between hot smoking and cold smoking is simply that a cold smoked product needs further cooking and hot smoked is ready to eat. This is an exceptional example of hot smoking. Thick chunks of middle-cut salmon fillet that will make a great starter, grace a summer salad, or can be cooked further and eaten hot. Kiln roast salmon is one of those products that many have not experienced yet - purely through availability. When they do, watch it rise to super-stardom. Deservedly so.

£36.50



Salmon Shanties
Chunks of Salmon and pieces of Broccoli are bound with a Dill sauce and coated in oven-bake breadcrumbs to make these large Shanties. They are one of the most popular dishes that we offer and are peerless for taste and quality.
£33.00

Salmon Smoked
If you are not a smoked salmon connoisseur, may we say that this is an excellent example of sliced Scottish salmon. If you are, then may we add that it is smoked over oak with no additives and is the stronger side of mild. All lovers of smoked salmon have a favourite; this one is the favourite of a great number.
£32.50

Sardines
Fresh Portuguese Sardines, boned, filleted and butterflied. Nutritious and healthy, there could not be an easier or better way to enjoy your Omega - 3 oils. Grill them, fry them, barbeque them - or try a Goan style fish curry - fantastic
£26.00



Seabass Steaks
This is the real Sea Bass that is the legend of all great Oriental fish dishes. These are 6-8oz fillets that are fresh from the Indian Ocean. Although a firm-textured fish, Sea Bass has a delicate flavour which will readily lend itself to other ingredients - which is why so many great Eastern and Asian dishes are based on Sea Bass.
£34.00

Skate Wings
Skate is the only fish we know with the Marmite factor, you either love it, or it's not for you. If you are one of the lucky majority and love Skate these superb wings will not disappoint. They are around 200 grams per wing, perfect texture and have been frozen quickly at sea.
£28.50



Swordfish Steaks
Swordfish is a firm textured fish with a meaty rather than a 'fishy' taste. That makes it a superb fish for the BBQ. But however you are planning to cook them, these thick-cut vacuum packed steaks are prime examples of Swordfish at its best.
£32.00

Tilapia Fillets
Tilapia or St. Peters Fish as it is also known is a superb, fully sustainable white fish that lends itself to all styles of cooking. The flesh, which has a pink tinge has a texture somewhere between Haddock and Plaice, and it rivals Cod for flavour. You may see farmed Tilapia beginning to appear in supermarkets. Our Tilapia is the real thing, harvested in places where we used to have a Colonial Office. Skinless & Boneless fillets of this firm-fleshed freshwater fish.
£30.00



Tuna Loins
Tuna languished for years in cans, centre piece of Sunday tea for many 'of a certain age'. Then came Tuna Pasta Bake. Now every celebrity chef is creating masterpieces with fresh Tuna. The only surprise is that it has taken so long. Tuna is hard to dislike; it is meaty, has a good texture, and is forgiving to chefs (overcooked Tuna - within reason that is - and it is indistinguishable from canned). Our Yellow Fin Tuna Loins are in fact superior to much Tuna that is offered 'fresh'. Tuna is also relatively inexpensive for such a versatile fish.
£28.50

White Fish Selection Box
This is a useful box containing our prime Cod, Haddock and Plaice fillets. From recipes that only specify 'white fish', to large families with different tastes, it is always handy to have a choice to hand.
£29.75

ShellFish



Coquilles St Jacques
Classics only become classics because their appeal is passed on from generation to generation. This is a classic. Scallops, salmon and prawns in a white wine sauce are presented in a scallop shell, which then has creamed potato piped around the edge and a light grating of Cheddar cheese to top. Don't save them for dinner parties, Coquilles St Jacques are enjoyed by all the family.
£32.50



Crevettes
First impressions are that you are in Alice in Wonderland. "Why are the prawns so big?" Crevettes are unshelled and look like giant prawns. The flavour is intense. They come from French Guiana (not the Far East) and so they are a cool water prawn. Crevettes are the ultimate finger food.
£36.95

Cromer Crabs
Our dressed Crabs are caught off the coast of Cromer and are the genuine article. They are harvested for us by a fisherman who lives in East Runton (next door to Cromer) and he goes 11 miles out because the crabs are bigger. We are not making this up. Take one of our crabs and compare the chap to any other contender - Norfolk (which is not the same as Cromer), or otherwise. You'll see what we mean. And we haven't even mentioned flavour - which, you will be pleased to know, is what makes Cromer Crabs special.
£47.50



Finest Salad Prawns
By finest we mean best. You can buy bags of cheap prawns almost anywhere; two for the price of one if you are really unlucky. Our prawns are large, juicy, packed with flavour and individually frozen. Prawns are our number one product, and we are not surprised.
£33.00

Garlic King Prawns
Large, de-veined Prawns are coated in a thick mixture of Pecorino cheese, white wine, herbs and garlic. When they are cooked, the coating melts into a garlicky sauce that can be mopped up with crusty bread. The prawns can also form the basis of a simple pasta dish, or a stir-fry. Or have a pot of them bubbling away on the BBQ. A great product and so many ways to enjoy.
£36.50



Mussels - New Zealand Green Lip
You may not know this but Mussels, and New Zealand mussels in particular, are renowned for relieving the symptoms of Arthritis. We are not making any wild claims, merely passing on a widely held view in homeopathic circles. But who needs an excuse to enjoy mussels like these.
£25.45



Prawns In Filo Pastry
This is one of those products that guests remember you serving and ask for next time they come. Large raw peeled prawns are marinated in Oriental spices and then wrapped in Filo pastry. They have the tail left on for handling. The prawns are simply deep fried for 3-4 minutes and served. But remember, if you don't serve them to guests there will be more for those romantic evenings a deux. And these are lovers food!
£36.95

Prawns Raw Peeled Tigers
Raw peeled tiger prawns. No ice glaze - just a box packed full of prawns. These are the ultimate chef's prawn. They're large, fully peeled, full of flavour and ideal for all prawn dishes - from those complicated creations in books to a few ideas of your own. At this price, you can afford to!
£32.25



Raw Tiger Prawns Gambas
Large raw prawns that are perfect for all dishes requiring prawns to be cooked - if you use ready cooked prawns for all but the briefest of cooking they end up chewy. The prawns are headless but retain the body shell for shape and flavour. This prawn may seem quite large for conventional recipes; however, it looks pretty good on the barbie, where subtlety is not the cornerstone of success.
£34.95



Scallop & Crab Elites
White fish fillets, usually lemon sole, are rolled around a filling of scallop and crab meat. They are then glazed with a vegetable oil that has a very buttery taste. The Elites hold their shape during cooking - simply covered and in a hot oven - and look impressive when served. It is a great combination that looks and tastes like a real Cordon Bleu creation. Just put a dab of flour on your left cheek and say you have been in the kitchen all afternoon. We can keep you supplied like this indefinitely!
£33.20



Scallops - King
These big King Scallops in a protective ice glaze look spectacular, especially as they have their coral. Scallops need minimal cooking which is excellent news if you're hungry.
£37.00

Scallops - Queen
Queen Scallops, or Queenies as they are sometimes known, are only inferior to the King in size. Experts disagree amongst themselves as to which are the better (only experts can afford the time). We would suggest that you choose Queen Scallops for stir-fries and Chinese/Asian dishes. To be honest, if you like Scallops, then you would even enjoy them deep fried in batter. Actually, they are rather good!
£37.00



Scampi - Breaded Wholetail
We could write a book on the offerings made in the name of Scampi. Tired little pellets of minced mush? Our Scampi is whole tail; it has minimal added water, no added cereal to bulk it out and can be oven cooked. We are confident that you will not be offered a better quality product anywhere. Try it and see for yourself.
£32.30

Scampi - Raw
Many gourmets think that raw scampi have a better flavour than prawns (the Spanish in particular). Any dish calling for raw prawns will be transformed by using scampi - which are Langoustine. These are large, pre-shelled and with a delicate lobster-like taste; and they come from Scotland, where the best Langoustine are found.
£35.65

Dessert



Hand Made Desserts
Sweet tooth? Then how do these sound? - Champagne & Raspberry Torte, Rich Chocolate Truffle, Winterberry Bavarois, Irish Cream Liqueur and Lemon Amoretti. Made with real cream and attention to presentation, they are Seriously Good.
£34.50

Orange & Lemon Sorbets
Visually stunning, these are whole Oranges and Lemons filled with a mouth-watering sorbet, made with real juice. These have that unique ability to be refreshing yet filling at the same time, as a premium sorbet should.
£32.85

Parfait Ice Creams
4 each of Mint Parfait, Parfait Caramel and Caramel Banana ice creams. The Mint Parfait is covered in luxurious dark chocolate, the Parfait Caramel boasts milk chocolate, and the Banana has a swirl of caramel running through it. We offer no excuse for these, so enjoy them.
£34.95

Rich Chocolate Puddings
These are not to share. If you like chocolate then these are the ultimate - velvety chocolate sponge dripping with a rich gooey chocolate sauce - and microwaveable for speed.
£26.75



Sticky Toffee Puddings
These are light, packed with toffee sauce and fool-proof to cook. Made with sponge and cracked toffee, these generous sized puddings are presented in microwave dishes which require a maximum of two minutes cooking. Hardly time to feel guilty.
£26.90

Summer Puddings
Summer Pudding should conjure up the image of an abundance of berries, packed into a bread-lined bowl and weighted down, turning the break berry-red with the resulting pudding sharp and sweet. That is what you have here - in individual pots. Not surprisingly, they are an awards winner.
£32.90

Tiramisu Trifles
Individual pots that contain a combination of Devon cream, Belgian chocolate and Marsala wine. They are unbelievably good, which is why you will not feel guilty about the fact you will find them irresistible.
£32.00

FoodLovers



Beef Wellington

A classic dish at dinner parties. But these are individual Beef Wellingtons, so even if you live with a vegetarian you can relish the artistry of this meat-lover's treat. English Fillet steak is topped with Chicken Liver Pate and Mushrooms, then enrobed in puff pastry. Cooked from frozen, they literally puff up during cooking to provide an impressive centre piece on the plate.

£42.25



Canapes & Appetisers

Entertaining? Let us relieve you of another little task. These elegant examples of finger food are served straight from the oven and are well received. The selection contains deep dish cheese pizzas, prawn pate toast, smoked salmon en croute and cheese and chive quiche nests. They will help your function be remembered for all the right reasons.

£34.30



Chicken Cotswold

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Cod Provencale
Large Cod loins with a topping of sun-dried tomatoes, herbs, parmesan and olive oil. They are easy to cook and impressive to serve up. You can almost taste the Mediterranean sunshine.
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£38.00



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£44.00



Paella Valencia

Our Paella follows a Valencian recipe and contains Chorizo sausage, fish, chicken, calamari rings, red peppers and lots more in perfect Saffron rice. All you have to do is stir-fry for a few minutes whilst you make up your mind _ Sangria, or a fruity red!

£28.50

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